



September 7, 2010

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## ***Mark Your Calendars for These Upcoming Healthy Hometown Events:***

**September 9 – Healthy Hometown Advisory Council Planning Retreat, 8 am – Noon, YMCA Association Offices, 545 Second Street**, first floor conference room, parking available in the garage off of Second Street. Attendees will break down into small groups to help shape the structure and priorities of the Advisory Council going forward. Please plan to attend!

**September 24 – In partnership with the YMCA of Greater Louisville, a new *Healthy in a Hurry* corner store will be launched in the Shawnee neighborhood at 228 Amy Avenue.** Food sampling from 3 pm to 8 pm. This is the second store modeled after the success of Smoketown Dollar Plus. Special thanks to the Shawnee Neighborhood Association for their partnership. *Healthy in a Hurry* stores provide fresh fruit and vegetables in areas designated as “food deserts.”

## ***Record Crowd at Mayor's Hike & Bike on Labor Day!***

More than 7,500 cyclists and walkers of all ages took to the streets with Mayor Jerry Abramson at his 12th Healthy Hometown Subway Hike & Bike on Labor Day. The weather could not have been better! Thanks to all who joined us on the Great Lawn and the ride to Shawnee Park.



## ***Congratulations to Healthy Hometown Mini-Grant Recipients!***

Mayor Abramson and Dr. Troutman awarded grants ranging from \$2,000 to \$5,000 each to 12 community service-oriented organizations to implement health, physical activity programming at a special ceremony at Metro Hall on August 16th. Since 2005, the Healthy Hometown has awarded more than \$400,000 in grants to more than 90 community groups. Applications for 2011 grants will be online early next year. Organizations receiving 2010 grants are:

**Bridgehaven (\$2,263)**

*The Farmer's Market Club* will be established at Bridgehaven to encourage the consumption of fresh fruits and vegetables among their clients. Bridgehaven serves those with severe and persistent mental illness. The club will travel to neighborhood farmers' markets once a week and host cooking classes on how to prepare the food from the markets

**Community Farm Alliance (\$3,000)**

Monthly *Stone Soup Community Kitchen* dinners held at different places around the city work to bring community members together to fix a meal prepared with locally grown food. During the event, nutrition information is shared relevant to all ages through lessons and activities.

**C.H.O.I.C.E., INC. (\$3,000)**

*The Children Have Options in Choosing Experiences (C.H.O.I.C.E.), Inc.* Program is an afterschool program at Meyzeek Middle School that will engage 12 students in fitness and nutrition activities and education for 28 weeks.

**The Center for Women and Families (\$3,280)**

The *Get Up and Get Moving* program will provide children who reside at the center with fun, educational outings and activities that will teach youth to enjoy physical activity and promote healthy eating for children residing at The Center for Women and Families.

**ElderServe Inc. (\$3,000)**

ElderServe will offer a 10-week arthritis exercise program for the residents with physical activity and nutrition education incorporated at each session.

**Facts of Faith Fellowship (\$2,645)**

The *Tai Chi/Great Health Initiative* works to improve the health and well being of all the residents in the West Louisville community by hosting by offering free Tai Chi classes and "Taste of Health" nutrition education at their ministry site.

**The Food Literacy Project at Oxmoor Farm (\$5,000)**

The *Food Literacy Project Scholarship Program* will provide transportation to Oxmoor Farm for 200 underserved students, and a full-day of nutrition education on a working vegetable farm to complement practical living content in the classroom. The program includes a tasting tour of the farm, which incorporates over an hour of physical activity into the day.

**Kentucky Hemophilia Foundation (\$3,000)**

*Camp Discovery's Healthy Living* Program is a component of the Kentucky Hemophilia Foundation's annual residential summer camp for children with lifelong, incurable bleeding disorders. Healthy Living activities will include education and introduction of healthy foods and daily physical activities.

**Lighthouse Promise, Inc. (\$2,416)**

The Lighthouse *Stretch and Go* program will offer 30-60 minutes of exercise through organized recreational sports, including soccer, volleyball and basketball. The Lighthouse Culinary Arts Program will offer free daily meals and snacks prepared by participating children from food grown in the Lighthouse garden.

**Maryhurst (\$4,000)**

*Wellness with Girls on Campus Program* provides instruction regarding exercise and nutrition along with supervised recreation and fitness activities. Trainers from the Heuser Clinic/Louisville Youth Training Center work with 4 groups of girls (50 total).

### **Neighborhood House (\$3,375)**

The *Get Fit Kids!* program will teach kids ages two through pre-kindergarten and their families how to improve their overall health through healthier eating and more active lifestyles. Children enrolled in the Neighborhood House Child Development Center will participate in literacy-based music and movement instruction, yoga and nutrition education. Adolescents in the program will participate in a 28-week after-school health promotion program, focusing on physical activity and nutrition education.

### **South Central KY Kids on the Block (\$3,000)**

South Central Kentucky Kids on the Block, Inc. is an educational puppet troupe that travels throughout the state of Kentucky and will perform 5 plays to a combined audience of approximately 750 children in JCPS schools on the topic "Combating Childhood Obesity."



### ***StreetSense Campaign Continues to Target Safety on the Streets***

#### ***New ads focus on texting, visibility for pedestrians and cyclists***

StreetSense has introduced new ads and messages targeting texting while driving and other unsafe behavior on television, radio and in magazines. The campaign which started a year ago targets motorists, cyclists and pedestrians, urging them to make smart moves to create safer streets. The StreetSense ads, along with a new StreetSense bike safety video, can be viewed at: [www.louisvilleky.gov/streetsense/campaign/](http://www.louisvilleky.gov/streetsense/campaign/) The StreetSense campaign is being paid for entirely by federal funds, including the Communities Putting Prevention to Work grant awarded to Louisville by the Centers for Disease Control and federal transportation dollars made available to the city by the Kentucky Transportation Cabinet.

***Upcoming Mayor's Healthy Hometown Movement Committee Meetings:*** All meetings are held at the Louisville Metro Health Dept., 400 East Gray Street unless otherwise noted:

<b>Food In Neighborhoods</b>	<b>September 20, 5:30 pm</b>	<b>Shawnee Market</b>
<b>Schools</b>	<b>September 16, 10 am</b>	
<b>Worksite Wellness</b>	<b>September 16, 8 am</b>	<b>Baptist East Milestone Wellness Ctr</b>
<b>Step Up, Louisville!</b>	<b>Subcommittees are meeting this month – contact <a href="mailto:john.eisinger@louisvilleky.gov">john.eisinger@louisvilleky.gov</a> for more information</b>	

Contact [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov) to RSVP or for more information.

### ***Healthy Hometown Partner News***

#### ***Volunteer at Walk to School Day!***

International Walk to School Day (<http://www.walktoschool.org/>) is just around the corner (October 6th) at King Elementary School at 4325 Vermont Avenue. Safe Kids Louisville is looking for a few more volunteers. If you are interested please email [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov) for more details.

## ***2010 Howard L. Bost Memorial Health Policy Forum: Policy Today for a Healthier Tomorrow***

The surest way to contain health care costs and to improve community health is to keep people fit and well. Please join other Kentucky civic leaders to explore community and workplace policy solutions that are increasing access to physical activity and better nutrition in neighborhoods and worksites throughout Kentucky.

The Foundation for a Healthy Kentucky is hosting this policy forum to address “Curbing Obesity in Kentucky” on **Tuesday, September 14, 9:00 a.m. – 4:00 p.m. at The Brown Hotel, Louisville.** Featured speakers include Raymond J. Baxter, Ph.D., Senior Vice President for Health Policy, Kaiser Permanente and Judith C. Meredith, Executive Director, The Public Policy Institute. Costs of the forum are fully underwritten by the Foundation for a Healthy Kentucky—there is no charge to attend, but space is limited! To register, please contact Katie Ellis at [kellis@healthy-ky.org](mailto:kellis@healthy-ky.org) or toll-free 877-326-2583.

## ***Mark Your Calendars for Second Sunday, October 10!***

Second Sunday is happening October 10 at Iroquois Park from 1:00 to 5:00 PM. Enjoy an afternoon of free activities, including a 1 mile walk, children's activities, Radio Disney, tethered hot air balloon rides, games, inflatables, special exhibits and demonstrations, stage entertainment, farmer's market, food samplings, food and beverage sales, health screenings and much more.

Second Sunday Health Initiative is a state wide program happening in 100+ Kentucky counties on the same day with programs designed to "Change Kentuckians' Lives for the Better, One Step at a Time." It is sponsored locally by Metro Council members from 15 districts, and chaired by Councilman Robin Engel of the 22nd District. Partners include the YMCA of Greater Louisville, Metro Parks Department, JCPS, Junior League of Louisville, Kosair Children's Hospital, University of Louisville and many other organizations. For additional information, contact: Dell Courtney, Coordinator at [dellcourtn@aol.com](mailto:dellcourtn@aol.com) or at 502-228-5237.

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The ***Mayor's Healthy Hometown Movement News*** is designed to keep you informed of important Healthy Hometown Happenings as well as create a communications connection for all ***Healthy Hometown*** partners and interested participants. We encourage you to share any news, events and updates generated through your organizations and efforts ---all part of the Mayor's goal to make this one of the healthiest communities in America.

**To submit information** for publication consideration, please **DO NOT HIT REPLY**. Send edited items, including specific dates and times for events to [smlcomm@att.net](mailto:smlcomm@att.net). Please include any pertinent web links and an e-mail source for more information.

This is a publication of the **Mayor's Healthy Hometown Movement** and is distributed through the Louisville Metro Department of Public Health & Wellness. Please feel free to share this newsletter with anyone who has an interest in a healthy community. If you do not wish to receive this newsletter please notify us at [marigny.bostock@louisvilleky.gov](mailto:marigny.bostock@louisvilleky.gov).